



## National Depression Screening Day Thursday, October 5, 2006

Depression is the Number 1 mental health problem in our society. Everyone feels “down in the dumps” every now and then, but if this is happening too frequently and you cannot shake the feeling you may have a more serious form of depression. There are different kinds of depression, and they may be caused by many things such as family history, genetics, diabetes, poor sleep, and prolonged stress. The good news is that professional depression treatment has improved over the past ten years, as clinical research has identified therapies that work best. You no longer have to “suffer in silence” if you have depression.

In observance of National Depression Screening Day, the Employee Assistance Program will be conducting short (20 min) depression screenings. If you are bothered by depression (or its close cousin “anxiety”), **call X4567 to set up an appointment for October 5** for a short screening. Please note that on Wed., 10/4, we will accept **walk-ins** for these short screenings. Or, for a self-assessment visit [www.cignabehavioral.com](http://www.cignabehavioral.com) at:  
<https://apps.cignabehavioral.com/web/acref/SelfAssessmentServlet>